

DEWITT FITNESS CENTER

January 2020

<u>Monday</u>	
CXWORX (:30)	5:05 AM
Cycling (:30)	5:30 AM
Boomer Cardio (:45)	6:45 AM
Senior Stretching	7:30 AM
Core HIIT+ (:45)	8:30 AM
Morning Water Exercise	8:30 AM
Water Volleyball	9:15 AM
Pickleball-Ekstrand	4:30-6:30PM
Evening Water Exercise	5:00 PM
PiYo	5:30 PM
Step Aerobics	5:30 PM
<u>Wednesday</u>	
PiYo	5:05 AM
Boomer Boot Camp (:45)	7:00 AM
Ultimate Cycling	8:30 AM
Morning Water Exercise	8:30 AM
Water Volleyball	9:15 AM
Evening Water Exercise	5:00 PM
Yoga	5:30 PM
Step Aerobics	5:30 PM
Zumba @ DeWitt Community Center	7:00 PM
<u>Friday</u>	
CXWORX (:30)	5:05 AM
Cardio/Strength (:30)	5:30 AM
Senior Stretching	7:30 AM
Boot Camp (:45)	8:30 AM
Morning Water Exercise	8:30 AM
Water Volleyball	9:15 AM

<u>Tuesday</u>	
*Body Pump	5:05 AM
Circuit Training	5:15 AM
Boomer Pump (:45)	7:00 AM
Senior Fitness	7:30 AM
*Body Pump	8:30 AM
Morning Water Exercise	8:30 AM
Cycling (:45)	11:45 AM
*Body Pump	5:30 PM
Tae Kwon Do	7:00 PM
<u>Thursday</u>	
*Body Pump	5:05 AM
Circuit Training	5:15 AM
Boomer Pump (:45)	7:00 AM
Senior Fitness	7:30 AM
*Body Pump	8:30 AM
Morning Water Exercise	8:30 AM
Yoga	10:00 AM
Ultimate Cycling (:45)	11:45 AM
*Body Pump	5:30 PM
Tae Kwon Do	7:00 PM
<u>Saturday</u>	
Saturday Jump Start	7:00 AM
*Body Pump (:45)	7:05 AM
Pickleball - Ekstrand	8:00-11:00AM
<u>Sunday</u>	
Yoga	12:00 PM

Classes are 60 Minutes unless specified otherwise

+ High Intensity Interval Training

***Please call to reserve a spot (563) 659-5127**



Parks.cityofdewittiowa.org